

Radiogram # 4778nu

Form 24 for December 1-2, 2002 (**updated**)**LBNP Exercise • Crew Off Duty**

GMT	CREW	ACTIVITY
13:50–14:00		Morning inspection
14:00–14:30		Post-sleep
14:30–15:20		BREAKFAST
15:20–15:35	CDR, FE-1, ISS-6	Daily planning conference ( <i>S-band</i> )
15:20–15:30	FE-2	
15:30–15:45		Setup for video downlink ( <b>T<sub>0</sub>=15:32, T1, T2, T3 will be activated by the Automated Daily Timeline</b> )
15:35–16:05	CDR, FE-1, ISS-6	Prep for work
15:45–16:05	FE-2	Video downlink: ELECTRON video recording
16:05–16:45	FE-1-6	Maintenance of COЖ
16:10–17:40	CDR, FE-2 assist	LBNP exercise (final) ( <b>T<sub>0</sub>=17:15</b> ) Tagup w/ ground specialist ( <i>VHF</i> )
16:10–16:20	FE-2-6	EVARM badge reader activation
	FE-1, CDR-6	CWC fill (init)
16:20–16:30	CDR-6	US LAB daily payload status
16:20–16:35	FE-1	MIDDECK payload status
16:35–16:50		Transfer of HRM data to MEC
16:35–16:55	FE-2-6	EVARM: post-EVA background read
16:45–17:25	FE-1-6	Surface sampling in FGB
16:50–17:00	FE-1, CDR-6	CWC fill (term)
17:00–18:20	FE-1, CDR-6, FE-2-6	ISS USOS crew handover
17:45–19:15	FE-2, CDR assist	LBNP exercise (final) ( <b>T<sub>0</sub>=18:50</b> ) Tagup w/ ground specialist ( <i>VHF</i> )
17:45–17:50	FE-1-6	Calldown of CП counter status
17:50–17:55		Calldown of CBO water supply status
18:20–19:50	FE-1	Physical exercise (RED)
18:35–19:35	CDR-6, FE-1-6	EMU size adjustment
	FE-2-6	STS pre-EVA O2 reconfiguration
19:20–19:35	CDR	Private medical conference ( <i>S-band</i> )
19:25–20:00	FE-2	TRANSFER OPS
19:35–20:00	CDR-6	
19:35–20:35	FE-1-6	Physical exercise (VELO)
20:00–20:20	FE-1, CDR-6, FE-2-6	PAO TV event
20:20–20:35	FE-2	Private medical conference ( <i>S-band</i> )
20:35–20:50	ISS-6	
20:50–21:50		LUNCH
21:50–23:50	FE-1, FE-2-6	MSG troubleshooting
22:05–22:20	CDR	Private family conference ( <i>S-band</i> )

22:20–22:35	FE-2	
23:10–00:10	CDR-6	Physical exercise (RED)
23:35–00:05	FE-2	IMS file prep
23:50–00:50	FE-1	CMS-PFE-SUBJECT (physical evaluation)
00:00–00:30	CDR	Daily plan review
00:05–00:35	FE-2-6	CMS-PFE-CMO (physical evaluation / assist)
00:05–01:05	FE-2	Physical exercise (TVIS-4)
	FE-1-6	TVIS handover
00:30–01:00	CDR	Prep for work
00:35–01:05	FE-2-6	TVIS handover
00:50–01:05	FE-1	Private medical conference ( <i>S-band</i> )
00:55–01:05	CDR-6	MIDDECK payload status
01:00–02:00	CDR	Physical exercise (TVIS-4)
01:05–01:35	FE-1, FE-2, ISS-6	Daily plan review
01:35–02:00		Prep for work
02:00–02:15		Daily planning conference ( <i>S-band</i> )
02:50–04:20	ISS-5	Pre-sleep
02:50–03:20	ISS-6	DINNER
03:20–03:50		Daily food prep
03:50–04:50		Pre-sleep
04:50–12:50		SLEEP

**Note:** See OSTP for references to US procedures

End of radiogram